



Breakout 2014

Youth Summit Schedule

"Created by Students for Students"

7th-12th Grade Students

October 25, 2014

Tangeman Center at UC

8:00	Volunteer team arrives
9:00	Speakers & Student Facilitators Arrive, Check in-Meet in Designated Room -room capacity and number listed below in red
9:30	Registration and Elementz Performance
10:00	Welcome -UC President Ono/ Yvette Simpson (Chief Skype)
10:20	Session 1
11:20	Session 2
12:20	Keynote-Student/Malik Yoba
12:50	Lunch- Entertainment - Omega Esquire Sponsored by Keyz2Life
1:30	Session 3
2:30	Session 4
3:30	Closing - Student/Malik Yoba Black Ice Drill Team/Feminine Rhythm Performance Team
4:00	Congrats on Being Part of a Great Day!

Keynote Presentation: "I Pledge Allegiance To Creativity" -Malik Yoba

Malik Yoba is an actor, writer and occasional singer and is the co-star in Fox's hip hop new drama - Empire. He starred in New York Undercover and in Cool Runnings to name a few but is truly the star of modeling the way with his life story. He is excited to share his personal story and success to inspire youth today to make the right decisions and find their inner strength and voice.

Malik will have us on the edge of our seats during the keynote event and will leave us all with a call to action at the end of the day. The keynote session will be an interactive exploration of the role creativity plays in our daily lives and how to unlock your inner creative genius. Get ready for action packed inspiring keynote and closing sessions.

LEARN MORE ABOUT IT AND SIGN UP TODAY:

Facebook: [facebook.com/cincinnatiyouthsummit2014.com](https://www.facebook.com/cincinnatiyouthsummit2014.com)

Twitter: #BreakoutYouthSummit

Students are also able to sign up for four of the following sessions.
(One exception- if you sign up for the poverty session it goes through two sessions)

1. **Living a Healthy Lifestyle on a Budget: Linda Hoffsis & Breon Mapp (Room 427)**

Have you ever wondered how to stay in shape and eat well on a budget? Come to this session to try some easy fun exercises and learn how they benefit your body. You will also learn how to eat healthy while on a budget and how to stretch your food dollar. You will receive a list of "go" foods and "woah" foods with their nutrition facts and prices from nutritionist Linda Hoffsis. Be ready to also get up and move in this high energy session with personal trainer and former UC football player, Breon Mapp.

2. **The Secrets of Improv: Tom Hankinson (Room 419)**

Everyone can do improv theater, and there is not so much of a line between improv and life as you may think. The secrets to improv are being cooperative, being authentic, and playing to the top of your intelligence. We'll explore those themes through practicing together in an environment of trust and support. Come have some fun with Tom.

3. **The Balancing Act-Good Grades and Life: Facilitated by CYC's Job's for Cincinnati Graduates Team- Featuring Student Panel: Kevin Johnson and Robert Perry (Room 415)**

Hear from starting player on UC's Basketball team and top notch high school student as they share their secrets to success. In this session we will discuss issues around balancing grades extra-curricular activities and other obligations in high school and college. You will have fun working together in small groups to provide solutions to various scenerios.

4. **So You Want to go to College: Linda Blankenship (Room 417)**

ACT, SAT, OGT...OH MY!! Take a deeper look into College planning and preparation... Learn about what courses to take now to help you with your future. Join us as we hear from a professional ACT prep specialist about the in's and out of testing. No more questions about which major to pick, what test you should take, what score is required? You can have all of the answer's here.

5. **Discover Your True Colors –Understanding You & Others: Amy Thompson (Room 400c)**

Have you ever wanted to learn more about yourself and why you are wired a certain way? Come to this session and take a quick quiz to learn your primary color and how you relate to the world and others. This will be a fast paced, fun session that will give you insights to your true colors!

6. **Making Sense of Your Dollars: Al Riddick (Room 411)**

This engaging, educational, and fun workshop will help you understand your relationship with money while learning to incorporate simple strategies which produce positive results. You will also begin to understand the mindset required to set and achieve financial goals. By the workshop's conclusion, you will have learned how creating spending plans can unleash the millionaire within.

7. No One Reason-A Poverty Simulation: David Weaver & Tynisha Worthy (DOUBLE SESSION) (Room 400b)

This simulation will provide a glimpse into how poverty can impact people's lives. Through a series of interactive engagements that emulate various areas of life choices, circumstances, and events, participants will learn there is No One Reason for why some members of our community are caught in the grip of poverty. You will develop an understanding of the ways people find themselves in poverty while learning empathy that may help them suspend judgment and take actions to support individuals and families as they seek self-sufficiency. This is a POWERFUL session you do not want to miss.

8. Both Sides of the Tracks: Leveraging My Poverty Experience For Compassionate Leadership: Michael Calloway (Room 407)

During this session Michael will interweave his personal testimony of being raised in the inner-city by a single, teen mother with the concept of GRIT: Passion and Perseverance, enabling teens to succeed against all odds. Open, candid conversation filled with humor, reflection and a chance for question and answer.

9. Manhood & Respect of a Woman (men only): Cincinnati Police Officers (Room 423)

Join us as we discuss the stereotypes of being a man in today's world. Avoiding the pitfalls that some of those stereotypes pose. Showing respect for yourself and the women we share the world with. Guaranteed to be an eye opening session.

10. Illusion of Perfection (women only): Cincinnati Police Officers (Room 400a)

Beauty is only skin deep and in the eye of the beholder. Join us as we discuss the stereotypes of being a woman in today's world. Avoiding the pitfalls that some of those stereotypes pose. Showing respect for yourself and the men we share the world with. This will be an eye opening session.

11. Do What you Like.....Like What you Do!: Dr. Allison Logan (Director at UC), Dr. Audley Smith (Guidance Counselor Shroder Paideia) (Room 425)

Find a job/career that you love....never WORK a Day in your life. This is your opportunity to make sure you are on the right career path. Dr. Logan & Dr. Smith will guide you through inter-active exercises that will teach you how to ensure alignment with your pre/post high school studies and your career choices. Also, you will be introduced to the in demand, non-traditional, career pathways of the future and what skills are needed to ensure success.

12. Secret Mean Stinks Nicest –Anti-Bullying Program: Keenan West (Great Hall)

Come meet recording artist and anti-bullying activist as he shares a high energy and high impact program. This program combines pop-culture inspired videos, music and dance to provide powerful and thought-provoking motivational messages that engage students and help them take ownership of bringing an end to bullying at their school and among their friends.